

Central Aquatic Center

2008 Summer Lane Schedule

May 25, 2008 - July 18, 2008

Lap Swimming

Monday	
Times	Available Lanes
6:00 am to 8:00 am	1-10
8:00 am to 10:00 am	1-4
10:00 am to 3:00 pm	3-10
3:00 pm to 5:00 pm	1-4
5:00 pm to 6:30 pm	1-6
6:30 pm to 9:00 pm	4-10

Wednesday	
Times	Available Lanes
6:00 am to 8:00 am	1-10
8:00 am to 10:00 am	1-4
10:00 am to 2:00 pm	3-10
2:00 pm to 3:00 pm	4-10
3:00 pm to 5:00 pm	7-10
5:00 pm to 6:30 pm	3-10
6:30 pm to 9:00 pm	5-10

Tuesday & Thursdays	
Times	Available Lanes
6:00 am to 10:00 am	1-10
10:00 am to 2:00 pm	3-10
2:00 pm to 3:00 pm	3-7
3:00 pm to 5:00 pm	1-6
5:00 pm to 6:30 pm	1-6
6:30 pm to 9:00 pm	4-10

Friday	
Times	Available Lanes
6:00 am to 3:00 pm	3-10
3:00 pm to 5:00 pm	1-6
4:30 pm to 9:00 pm	3-10

Saturday	Sunday
9:00 am to 10:00 am 3-5	2:00 pm to 5:00 pm 1-10
10:00 am to 5:00 pm 3-10	

Open Swim	
Mon- Fri	2 pm to 5 pm
Fri	7 pm to 9 pm
Sat & Sun	2 pm to 5 pm



Cobb County...Expect the Best!

Weight Room	
Mon—Fri	6 am to 9 pm
Sat.	9 am to 5 pm
Sun.	2 pm to 5 pm

Aquarobics		
Mon/Wed/Fri	9 am to 10 am	Admission
Mon/Wed/Fri (low impact)	10 am to 11 am	\$2.00 Seniors (\$20 - 10 visit pass)
Mon/Wed	5:30 pm to 6:30 pm	\$3.00 Adults (\$30 - 10 visit pass)
On Friday evenings there will be pool time available (5-6pm) for participants to work out on their own.		